"You Are What You Eat."

Food Science Activity

How much of a piece of fruit is really food?

Not all fruits are created equal. This activity is designed to allow your students to explore math and science from a consumer's point of view.

Students will be collecting and calculating a variety of data about the fruit they are assigned. Since students will be eating their fruit as a part of the lesson, this high-interest activity should provide a solid bridge between the subjects of math and science.

There are several viable extension activities that could be performed using food as a subject. Measuring quantities of water in a piece of food (using a dehydrator or a microwave and a balance); measuring and comparing actual masses and volumes printed on labels to actual student-measured values; etc.

Consumer science is typically a source of high interest activities as today's students are required to become more educated consumers at younger and younger ages as they are increasingly targeted by advertisers.

Not all of the fruit you just bought can be eaten.

MATERIALS

- Four pieces of fruit
- Balance
- Student data sheet

S.S.S. Addressed

S.C.A.	1.3
S.C.H.	1.3
M.A.A.	4.3
M.A.B.	1.3 3.3

Activity Directions

Students begin the activity by finding an accurate mass for their entire piece of fruit. At that point, students are to predict how many grams of the fruit are EDIBLE and how many grams are INEDIBLE.

When satisfied, they are to eat as much as possible of their fruit (if they are not hungry or are full, they may bite off edible pieces and spit out the edible food).

When as much of the fruit is eaten as possible, students find the mass of the fruit again, recording all data on the provided student data sheets.

At that point, the rest of the data will be calculated from the measured and recorded values found on the data table.

When all required data is recorded, have student groups graph either an assigned characteristic or a characteristic of their choice

"You Are What You Eat." Student Activity Sheet

Students will use the data table below to organize and calculate data about their assigned piece of fruit:

	Column A	Column B	Column C		Column D		Column E	Column F	Column G
FRUIT	STARTING MASS (g)	TOTAL PRICE (dollars)	INEDIBLE MASS (g)		EDIBLE MASS (g)		PRICE PER GRAM (total)	PRICE PER EDIBLE GRAM (dollars)	PRICE PER INEDIBLE GRAM (dollars)
			pre-diction	actual	pre-diction	actual			
banana									
apple									
orange									
peach